

Name: _____

Springfield Tiger Weight Training



2021 Summer Workout Program Phase 3- 4 Day Plan

“I’m not telling you it’s going to be easy, I’m telling you it’s going to be worth it.” -Arthur Williams

Benefits of Strength Training

1. Boost in energy
2. Higher self-esteem
3. Exercise results in better sleep
4. More likely to be active all-day
5. Better mood
6. Reduces anxiety
7. Increased muscle mass
8. Stronger bones
9. Decreased risk of injury
10. It is FUN!

Workout/Diet Tips

1. Always have water with you when working out
2. Follow the rest times to have an efficient/effective workout
3. Proper form is more important than heavy weight!
4. Follow the plan in order (warm-up, core lifts, optional (if time), abs)
5. Track weights each day to see growth over time
6. Eat a good breakfast!
7. Eat proteins (chicken, fish, turkey, steak, burger) especially after a workout
8. If possible, limit sugars and sweets
9. Never skip meals
10. Have FUN!

****All exercises listed on the workout plan can be found on the football website:**

- Go to Springfieldtigerfootball.com
- Select the "Strength Training" tab
- Select "Phase 2" and the "Day" you are completing for a list of the exercises
- Click on the link for a short video example of the lift

****If you are unable to get to a weight room**

- Go to Springfieldtigerfootball.com
- Click "Strength Training" Tab
- Click on "At-Home Workouts"

***These lifts should take 45 minutes or less to complete!

Pre-Workout Warm-up

- A proper warm-up will allow you to have a better workout.
- Warm-up reduces the risk of injury
- Warm-up provides your mind and body time to prepare for the workout
- Each exercise should be completed by going roughly 10 yards both ways unless stationary

Dynamic Warm-up #1

1. Light Sprint
2. Skip To My Lou
3. Lateral Shuffle
4. Karaoke
5. Butt Kicks
6. Straight Leg Kicks
7. Lateral Groin Stretcher
8. Groin over the Hurdle
9. Knee Hugs
10. High Knees

Dynamic Warm-up #2

1. Stationary leg swings side to side (20x ea leg)
2. Stationary leg swings forward/backward (20x ea leg)
3. Arm circles forward/backward (20x ea)
4. 20 Jumping jacks
5. high skips
6. distance skips
7. Knee hugs
8. 10 air squats
9. Tiptoe walks
10. Heel walks

**Cooldown each day can be 3-5 minutes of static stretching



Agility Drills (Pick 1 or 2 each day)

Speed Ladder Drills (Agility)

**Each exercise should finish with a short burst out of the ladder

1. Two feet each square running
2. One foot hop each square (repeat other foot)
3. Ickey shuffle
4. Two Feet-One foot-Two Feet (hop)
5. 5 hops and sprint (2x)
6. Side facing high knees
7. Ickey shuffle
8. Side straddle hop
9. Carioca
10. One foot each square

Line Drills (Speed/Quickness)

**Find a line, complete the exercise and sprint hard for 5 steps (complete each exercise as quickly as possible-Quick feet!)

1. Feet together hop sideways 10 times
2. Feet together hop-forward/backward 10 times
3. One foot hop sideways 10 times (repeat other foot)
4. One foot on both sides of the line- fire feet (touch each side 20 times)
5. Scissor jumps (feet start apart and cross) 10 times
6. 5 Vertical jumps(as high as you can) horizontally over the line
7. 5 vertical jumps forward/backward over the line

Speed Training (Speed/Light Conditioning)

1. 4x10 yds-10 second rest
2. 4x20 yds-15 second rest
3. 3x30 yds-20 second rest
4. 1x40 yds-30 second rest

Dot Drill

**Time yourself if able and try to improve each time

**You will complete each drill 6 times

1. Apart-together-apart
2. Right foot
3. Left foot
4. Both feet together
5. Apart-together-apart-turn around